

List of Activities

P Chrysanthemum coronarium (Asteraceae)

Common name(s)

Garland Chrysanthemum

How used

GRAS

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Activity	Reference
Acidulant	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Chemicals (1)	
ASCORBIC-ACID FEMA 6,000	
Aldose-Reductase-Inhibitor	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Chemicals (1)	
ASCORBIC-ACID	
Allergenic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Chemicals (2)	
BETA-CAROTENE NIACIN	
Analgesic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Chemicals (2)	
ASCORBIC-ACID 5-10 g/day THIAMIN 1-4 g/day	
Androgenic?	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Chemicals (1)	
BETA-CAROTENE	
Angiotensin-Receptor-Blocker	
Chemicals (3)	
ASCORBIC-ACID FIBER POTASSIUM	
Antiacne	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Chemicals (1)	
BETA-CAROTENE	
Antiacrodynic	
Chemicals (1)	
NIACIN	
AntiAGE	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (1)

ASCORBIC-ACID 2,000 mg/day

Antiaggregant

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (2)

ASCORBIC-ACID

MAGNESIUM 400 mg/day

Antiaging

Chemicals (2)

ASCORBIC-ACID 400 mg/day

BETA-CAROTENE

Antiakathisic

Martindale's 29th

Chemicals (1)

IRON

Antialcoholic

Chemicals (2)

MAGNESIUM

THIAMIN 50-100 mg/day

Antiallergic

Chemicals (3)

ASCORBIC-ACID

CALCIUM 500 mg/day

NIACIN 50 mg/2x/day

Antialzheimeran

Chemicals (3)

ASCORBIC-ACID 2,000-6,000 mg/day

NIACIN

THIAMIN 100-3,000 mg/day

Antiamblyopic

Chemicals (1)

NIACIN

Antianemic

Martindale's 29th

Chemicals (2)

FOLACIN 5-20 mg/man/day

IRON

Antianginal

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

MAGNESIUM 400 mg/day

NIACIN

Antianorectic

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

Chemicals (2)

MAGNESIUM

THIAMIN

Antianxiety

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

CALCIUM
MAGNESIUM 400 mg/day

Antiarabiflavinotic Martindale's 28th

Chemicals (1)

RIBOFLAVIN 2-10 mg/day orl

Antiarrhythmic

Chemicals (3)

CALCIUM 500-1,500 mg
MAGNESIUM 400 mg/day
POTASSIUM

Antiarthritic

Chemicals (4)

ASCORBIC-ACID 0.2-1 g/day
BETA-CAROTENE
CALCIUM 1,000 mg/day
MAGNESIUM

Antiasthmatic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (3)

ASCORBIC-ACID 1,000 mg/day
BETA-CAROTENE
MAGNESIUM

Antiatherosclerotic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (3)

ASCORBIC-ACID
CALCIUM 500 mg/day
MAGNESIUM 400 mg/day

Antibackache Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

THIAMIN 1-4 g/day

Antibacterial Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antiberiberi

Chemicals (1)

THIAMIN

Anticancer Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.

Chemicals (1)

BETA-CAROTENE

Anticanker

Chemicals (2)

IRON
THIAMIN

Anticarcinomic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Anticardiospasmic

Chemicals (1)

THIAMIN

Anticarpal-Tunnel

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

RIBOFLAVIN 50 mg/day

Anticataract

Chemicals (4)

ASCORBIC-ACID 350 mg/day

NIACIN

RIBOFLAVIN 15 mg/day

THIAMIN

Anticephalagic

Chemicals (2)

MAGNESIUM

RIBOFLAVIN

Anticervicaldysplasic

Chemicals (4)

ASCORBIC-ACID 1,000-2,000 mg/day

BETA-CAROTENE

FOLACIN 8-30 mg/wmn/day/orl

RIBOFLAVIN 1.6-10 mg/day

AntiCFS

Chemicals (2)

ASCORBIC-ACID 500-1,000 mg

MAGNESIUM

Anticheilitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (3)

FOLACIN

IRON

RIBOFLAVIN

Antichilblain

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

Chemicals (1)

NIACIN

Anticlimacteric

Chemicals (3)

ASCORBIC-ACID 500-5,000 mg/day

CALCIUM 1,000-1,500 mg/day

MAGNESIUM 500-750 mg/day

Anticold

Chemicals (1)

ASCORBIC-ACID 1-2 g/man/day

Anticolitic

Chemicals (1)

THIAMIN

Anticonvulsant

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

MAGNESIUM

NIACIN 3 g/day

Anticoronary

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (2)

BETA-CAROTENE 50 mg/man/2 days

MAGNESIUM 400 mg/day

AntiCrohn's

Martindale's 29th

Chemicals (1)

ASCORBIC-ACID 50-100 mg/day/orl/man

AntiCTS

Chemicals (1)

ASCORBIC-ACID 1,000 mg 3x/day

Antidecubitic

Chemicals (3)

ASCORBIC-ACID 500 mg/man/2x/day

RIBOFLAVIN

THIAMIN

Antideliriant

Chemicals (1)

THIAMIN

Antidementia

Chemicals (3)

ASCORBIC-ACID

NIACIN

THIAMIN

Antidepressant

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (5)

ASCORBIC-ACID 2,000 mg/day

CALCIUM

FOLACIN

MAGNESIUM

POTASSIUM

Antidermatitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

NIACIN

Antidiabetic

Chemicals (4)

ASCORBIC-ACID
FIBER
MAGNESIUM 400-800 mg/man/day
NIACIN

Antidote (Aluminum) Economic & Medicinal Plant Research, 6: 189.

Chemicals (2)

ASCORBIC-ACID
CALCIUM

Antidote (Cadmium) Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antidote (Lead) Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (2)

ASCORBIC-ACID
CALCIUM

Antidote (Paraquat) Martindale's 28th

Chemicals (1)

ASCORBIC-ACID

Antidysmenorrhic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

MAGNESIUM 100 mg 4 x/day

Antidyspeptic

Chemicals (1)

THIAMIN

Antidysphagic

Chemicals (1)

NIACIN

Antieczemic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

ASCORBIC-ACID 3.5-5 g/day

Antiedemic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID 1 g/man/day

Antiencephalitic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antiencephalopathic Martindale's 29th

Chemicals (1)

THIAMIN

Antiendometriotic

Chemicals (2)

ASCORBIC-ACID 2,000 mg/day
MAGNESIUM 500 mg/day

Antienterotic

Chemicals (1)

MAGNESIUM

Antiepileptic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

MAGNESIUM 450 mg/day
NIACIN 3 g/day

Antifatigue

Chemicals (4)

ASCORBIC-ACID 500-1,000 mg
MAGNESIUM
POTASSIUM
THIAMIN

Antifibromyalgic

Chemicals (1)

MAGNESIUM 200-300 mg 3x/day

Antifibrotic

Chemicals (1)

ASCORBIC-ACID 1,000-2,000 mg

Antigallstone

Chemicals (1)

ASCORBIC-ACID 1,000-3,000 mg/day

Antigastritic

Chemicals (2)

ASCORBIC-ACID
THIAMIN

Antigastrotic

Chemicals (1)

MAGNESIUM

Antigingivitic

Chemicals (2)

ASCORBIC-ACID
FOLACIN 2-5 mg/day/man

Antiglaucomic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

ASCORBIC-ACID 2 g/day
MAGNESIUM

Antiglossitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (2)

FOLACIN
RIBOFLAVIN

Antihangover

Chemicals (3)

ASCORBIC-ACID 1,000 mg
NIACIN 50 mg
THIAMIN 50 mg

Antiheartburn

Chemicals (1)

THIAMIN

Antihemorrhagic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID 1 g/man/day

Antihepatitic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID 2-6 g/man/day

Antihepatotoxic Economic & Medicinal Plant Research, 6: 189.

Chemicals (1)

ASCORBIC-ACID

Antiherpetic

Chemicals (2)

ASCORBIC-ACID 1-5 g/day
THIAMIN

Antihistaminic

Chemicals (2)

ASCORBIC-ACID 2 g/day orl man
NIACIN 50 mg 2x/day

Antihyperactivity Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

NIACIN 1.5-6 g/day

Antihyperkeratotic

Chemicals (1)

BETA-CAROTENE

Antihyperkinetic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (2)

CALCIUM
MAGNESIUM

Antihypertensive

Chemicals (5)

ASCORBIC-ACID
CALCIUM
FIBER
MAGNESIUM
POTASSIUM

Antihypoglycemic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

MAGNESIUM

Antiichthyotic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Antiinfertility Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

ASCORBIC-ACID 1 g/day

Antiinflammatory Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (2)

ASCORBIC-ACID

MAGNESIUM 100 mg 4 x/day

Antiinsomniac Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (2)

CALCIUM

MAGNESIUM

Antiinsomnic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

NIACIN 1 g/day

Antikeratitic

Chemicals (1)

RIBOFLAVIN

Antileptic Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 1.5 g/man/day

Antileukoplakic

Chemicals (1)

BETA-CAROTENE

Antilipoperoxidant

Chemicals (1)

BETA-CAROTENE IC71=50 ug/ml

Antilithic

Chemicals (2)

ASCORBIC-ACID 1,000-3,000 mg/day

MAGNESIUM

Antilupus Martindale's 28th

Chemicals (1)

BETA-CAROTENE 150 mg/man/day/2 mos

AntiLyme

Chemicals (5)

ASCORBIC-ACID 500-2,000 mg
MAGNESIUM 400-1,000 mg
NIACIN 50 mg/day
RIBOFLAVIN 50 mg/day
THIAMIN 50 mg

Antimaculitic

Chemicals (2)

ASCORBIC-ACID
BETA-CAROTENE

Antimastalgic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

MAGNESIUM

Antimastitic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Antimeasles Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

AntiMeniere's Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

Chemicals (1)

NIACIN

Antimenopausal

Chemicals (3)

ASCORBIC-ACID 500-5,000 mg/day
CALCIUM 1,000-1,500 mg/day
MAGNESIUM 500-750 mg/day

Antimenorrhagic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

IRON 100 mg/day/wmn/orl

Antimigraine Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (4)

ASCORBIC-ACID
MAGNESIUM 200 mg/day/man
RIBOFLAVIN
THIAMIN

Antimitral-valve-prolapse

Chemicals (1)

MAGNESIUM

AntiMS

Chemicals (1)

MAGNESIUM

Antimutagenic Economic & Medicinal Plant Research, 6: 235.

Chemicals (2)

ASCORBIC-ACID
BETA-CAROTENE

Antimyelotoxic Martindale's 29th

Chemicals (1)

FOLACIN 5 mg/day/orl/man

Antimyocarditic

Chemicals (1)

THIAMIN

Antinephrolytic

Chemicals (1)

MAGNESIUM

Antineuralgic

Chemicals (2)

NIACIN
THIAMIN 1-4 g/day

Antineuramidase

Chemicals (1)

ASCORBIC-ACID

Antineurasthenic

Chemicals (1)

THIAMIN

Antineuritic

Chemicals (1)

THIAMIN

Antineuropathic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

FOLACIN
THIAMIN 50 mg

Antineurotic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

MAGNESIUM

Antinitrosic Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 1 g/man/day

Antiobesity

Chemicals (3)

ASCORBIC-ACID 1 g 3x/day
CALCIUM
FIBER

Antiorchitic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)	
ASCORBIC-ACID	
Antiosteoarthritic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Chemicals (1)	
ASCORBIC-ACID 1 g 2x/day	
Antiosteoporotic	
Chemicals (4)	
ASCORBIC-ACID 500 mg/day	
CALCIUM 500-2,000 mg/day	
MAGNESIUM 500-1,000 mg/day/wmn/orl	
PHOSPHORUS	
Antioxidant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Chemicals (3)	
ASCORBIC-ACID 100 ppm	
BETA-CAROTENE	
RIBOFLAVIN	
Antiozenic	
Chemicals (1)	
BETA-CAROTENE	
Antipapillomic	
Chemicals (1)	
BETA-CAROTENE	
Antiparkinsonian	
Chemicals (2)	
ASCORBIC-ACID 1 g 2-3x/day	
NIACIN 100 mg/day	
Antiparotitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Chemicals (1)	
ASCORBIC-ACID	
Antipellagric	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Chemicals (2)	
NIACIN	
RIBOFLAVIN	
Antiperiodontic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Chemicals (3)	
ASCORBIC-ACID 1 g 2x/day	
CALCIUM 750 mg/day	
FOLACIN	
Antiphotophobic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Chemicals (2)	
BETA-CAROTENE 30-300 mg/man/day	
RIBOFLAVIN	
Antipityriasic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Antiplateque

Chemicals (2)

FOLACIN

MAGNESIUM 500-1,000 mg/day

AntiPMS

Chemicals (3)

BETA-CAROTENE

CALCIUM 1 g/day

MAGNESIUM 400-800 mg/day/wmn/orl

Antipneumonic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

ASCORBIC-ACID

Antipodriac

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antipoliomyelitic

Chemicals (2)

ASCORBIC-ACID

THIAMIN

Antiporphyric

Martindale's 28th

Chemicals (1)

BETA-CAROTENE 30-300 mg/man/day

Antiproliferant

Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.

Chemicals (1)

BETA-CAROTENE

Antipsoriac

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Antipsychotic

Martindale's 29th

Chemicals (1)

FOLACIN

Antipyretic

Economic & Medicinal Plant Research, 6: 189.

Chemicals (1)

ASCORBIC-ACID

Antiradicular

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (2)

ASCORBIC-ACID

BETA-CAROTENE

AntiRaynaud's

Chemicals (3)

ASCORBIC-ACID 500 mg 1-2x/day
MAGNESIUM 280-350 mg/day
NIACIN 1,500-4,000 mg/day

Antiretinopathic

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (1)

MAGNESIUM 400 mg/day

Antiretinotic

Chemicals (1)

ASCORBIC-ACID

Antirheumatic

Chemicals (3)

ASCORBIC-ACID
BETA-CAROTENE
CALCIUM 1,000 mg/day

Antirhinitic

Chemicals (1)

ASCORBIC-ACID 1,000 mg 3x/day

Antiscorbutic

Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 10 mg/man/day

Antiscotomic

Chemicals (1)

NIACIN

Antiseptic

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (1)

ASCORBIC-ACID MIC=3.3-217 mg/ml

Antishingles

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antispasmodic

Chemicals (4)

ASCORBIC-ACID 500-5,000 mg/day
MAGNESIUM
NIACIN 100 mg 2x/day
POTASSIUM

Antispasmophilic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

MAGNESIUM 500 mg/day

AntiSpina-Bifida

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

FOLACIN

Antistress

Chemicals (4)

ASCORBIC-ACID 500-1,000 mg
BETA-CAROTENE
CALCIUM 500-1,500 mg/day
MAGNESIUM 500-750 mg/day

Antistroke Challen, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (2)

MAGNESIUM 400 mg/day
POTASSIUM

Antisyndrome-X Challen, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (2)

ASCORBIC-ACID 1-4 g/day
MAGNESIUM 400 mg/man/day

Antitic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

CALCIUM

Antitumor Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (2)

BETA-CAROTENE
FIBER

Antitumor (Breast)

Chemicals (1)

BETA-CAROTENE IC45=60 ug/ml

Antitumor (CNS)

Chemicals (1)

BETA-CAROTENE IC43=45 ug/ml

Antitumor (Colon)

Chemicals (1)

BETA-CAROTENE IC43=45 ug/ml

Antitumor (Gastric)

Chemicals (1)

ASCORBIC-ACID

Antitumor (Lung)

Chemicals (2)

ASCORBIC-ACID
BETA-CAROTENE IC30=60 ug/ml

Antitumor (Prostate)

Chemicals (1)

BETA-CAROTENE

Antitumor (Stomach)

Chemicals (1)

BETA-CAROTENE IC26=45 ug/ml

Antiulcer

Chemicals (3)

ASCORBIC-ACID

BETA-CAROTENE 12 mg 3x/day/man/orl

FIBER

Antivertigo

Chemicals (1)

NIACIN

Antiviral

Chemicals (1)

ASCORBIC-ACID 1-5 g/day

Antixerophthalmic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

BETA-CAROTENE

Anxiolytic

Chemicals (4)

CALCIUM 500-1,500 mg/day

MAGNESIUM 500-750 mg/day

PHOSPHORUS

POTASSIUM

Apoptotic

Chemicals (1)

ASCORBIC-ACID 1-10 mM

Asthma-preventive

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

ASCORBIC-ACID 1,000 mg/day/orl

Beta-Adrenergic
Receptor Blocker**Chemicals (1)**

ASCORBIC-ACID

Beta-Blocker

Chemicals (2)

FIBER

POTASSIUM

Beta-Glucuronidase-
Inhibitor**Chemicals (1)**

ASCORBIC-ACID 1.5 g/day/man

Calcium-Antagonist

Chemicals (2)

ASCORBIC-ACID

MAGNESIUM

Calcium-Channel-Blocker

Chemicals (1)

CALCIUM

Cancer-Preventive Jim Duke's personal files.

Chemicals (5)

ASCORBIC-ACID
BETA-CAROTENE 22 ppm
FIBER
NIACIN
RIBOFLAVIN

Cardioprotective

Chemicals (5)

ASCORBIC-ACID
FIBER
MAGNESIUM
NIACIN
POTASSIUM 3,000-5,000 mg

Cardiotoxic

Chemicals (1)

POTASSIUM 18,000 mg/man/day

Chemopreventive

Chemicals (1)

BETA-CAROTENE

Circulotonic

Chemicals (1)

NIACIN

CNS-Depressant Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.

Chemicals (1)

MAGNESIUM

Cold-preventive Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID 1-2 g/day

Collagenic

Chemicals (1)

ASCORBIC-ACID

Colorant Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

Chemicals (1)

BETA-CAROTENE

COX-1-Inhibitor

Chemicals (1)

BETA-CAROTENE IC78=50 ug/ml

COX-2-Inhibitor

Chemicals (1)

BETA-CAROTENE IC82=50 ug/ml

Detoxicant

Chemicals (1)

ASCORBIC-ACID

Diuretic

Chemicals (5)

ASCORBIC-ACID 700 mg/man/orl

CALCIUM

FIBER

MAGNESIUM

POTASSIUM

Fibrinolytic

Chemicals (1)

NIACIN

Fistula-Preventive

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

ASCORBIC-ACID

Gastroprotective

Chemicals (1)

BETA-CAROTENE

Hematopoietic

Merck 11th Edition

Chemicals (1)

FOLACIN

Hepatoprotective

Chemicals (1)

NIACIN

Hepatotoxic

Chemicals (1)

NIACIN

Hypertensive

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

SODIUM

Hypocholesterolemic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (5)

ASCORBIC-ACID 300-1,000 mg/day

CALCIUM 500 mg/day

FIBER

MAGNESIUM 400 mg/day

NIACIN 50-100 mg 3x/day

Hypoglycemic

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (2)

ASCORBIC-ACID
NIACIN

Hypolipidemic

Chemicals (1)

NIACIN

Hypotensive

Chemicals (5)

ASCORBIC-ACID 1,000 mg/man/day
CALCIUM 1 g/day
FIBER 10 g/man/day/orl
MAGNESIUM 260-500 mg/day
POTASSIUM

Hypouricemic

Chemicals (1)

FIBER

Immunomodulator

Chemicals (2)

ASCORBIC-ACID
MAGNESIUM

Immunostimulant

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (3)

ASCORBIC-ACID
BETA-CAROTENE 180 mg/man/day/orl
PHOSPHORUS

Insectifuge

Martindale's 28th

Chemicals (1)

THIAMIN 75-150 mg/man/day

Insulinogenic

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (1)

MAGNESIUM 400 mg/day

Interferon-Synergist

Chemicals (1)

BETA-CAROTENE

Interferonogenic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

ASCORBIC-ACID

Laxative

Chemicals (3)

CALCIUM 1,000-1,200 mg
FIBER
MAGNESIUM 300-500 mg/day

Lithogenic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Litholytic

Chemicals (1)

MAGNESIUM

Mucogenic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Mucolytic

Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 1 g/woman/day

Myorelaxant

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

MAGNESIUM 100 mg 4 x/day

Neuroprotective

Chemicals (1)

THIAMIN

Neurotransmitter

Chemicals (1)

MAGNESIUM

Osteogenic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

PHOSPHORUS

Pesticide

Chemicals (2)

ASCORBIC-ACID

THIAMIN

Phagocytotic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Prooxidant

Chemicals (2)

BETA-CAROTENE 20 ug/g

IRON

Sedative

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

NIACIN

Serotonergic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

NIACIN

Thymoprotective

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Tranquilizer

Chemicals (2)

CALCIUM 500-1,500 mg/day

MAGNESIUM 500-750 mg/day

Ubiquinol Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.* Taylor & Frost, London. 791 pp.

Chemicals (1)

BETA-CAROTENE

Uricosuric Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.

Chemicals (2)

ASCORBIC-ACID 4 g/man/day

FOLACIN

Urinary-Acidulant Martindale's 29th

Chemicals (1)

ASCORBIC-ACID

Uterorelaxant Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.

Chemicals (1)

MAGNESIUM 100 mg 4 x/day

Vasodilator

Chemicals (6)

ASCORBIC-ACID

CALCIUM

FIBER

MAGNESIUM

NIACIN

POTASSIUM

Vulnerary Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine.* John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

ASCORBIC-ACID

Xanthine-Oxidase-Inhibitor Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine.* John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

FOLACIN